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The Alcoholic Husband

A Message to Wives

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.A7

Questions and Answers on SPONSORSHIP

#126

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.A1
#27
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"MY MOTHER IS AN ALCOHOLIC"

Alateen Sheds Light on a Teen-age Problem

Reprinted through the Courtesy of GUIDEPOSTS

X-HV5278
.A7
H28

MANUAL

for

AL-ANON FAMILY GROUPS

X-HV5278
.A7

THE TWELVE STEPS AND TRADITIONS

1962

#29

OF THE
AL-ANON GROUPS

X-HV5278
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ALCOHOLISM THE FAMILY DISEASE

X-HV5278
.A7

#31

IS A. A. FOR YOU ?

Twelve Questions
Only You Can Answer

X-HV5278
.A7

#32

ALCOHOLICS ANONYMOUS

Helpful Ally In Coping With Alcoholism

X-HV5275
.G

Tranquilizers, Sedatives and The Alcoholic

#133

Six A. A. Case Histories

X-HV5278
.A7

#34

A.A.

44 Questions and Answers
About the Program of
Recovery from Alcoholism

X-HV5278
.A7

#35

Alcoholism the Illness

BY BILL W.

Three significant papers delivered before the Medical Society of the State of New York, the American Psychiatric Association, and the New York Medical Society on Alcoholism.

X-HV5218
.A7

#36

Alcoholics Anonymous

Reprinted from
THE SATURDAY EVENING POST

X-HV5278
.A7

#37

A.A.

44 Questions and Answers About the Program of Recovery from Alcoholism

X - HV5278
.A7
#138

Young People and A. A.

Revised Edition

X-HV5278
.A7
#39

Alcoholics Anonymous and the Medical Profession

NOTE

This pamphlet is designed primarily for the information of physicians. It sets forth a cross-section of medical and psychiatric opinion upon the subject of alcoholism and shows how general practitioners and specialists alike may cooperate with Alcoholics Anonymous to good effect.

X-HV5278
.A7
#40

The Alcoholic Wife

A Message to Husbands

X-HV5011
-A1
#41

A LETTER TO A

Woman Alcoholic

Reprinted from

GOOD HOUSEKEEPING

X-HV5278
.A7

#42

A. A. for the Woman

x-AA.Y.276
.A2

A Clergyman Asks about Alcoholics Anonymous

#43

X-HV5278
.A7

#44

A.A. Tradition How It Developed

By BILL W.

X-HV5278
.A7

#45

THE THIRD LEGACY MANUAL OF A.A. WORLD SERVICE

NOTE

Many A.A. members will be especially interested to read the historical account of A.A. World Services in Part I of this booklet.

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Background Information on

THE FELLOWSHIP OF ALCOHOLICS ANONYMOUS

☆

NOTE

This folder has been prepared to answer questions on the Fellowship that are asked most frequently by writers, editors and broadcasters.

On request, the General Service Office of A.A. (address on the back panel) will be happy to provide more detailed information on any phase of the A.A. program.

X-H V5278

H47

AL-ANON
FAMILY GROUP HEADQUARTERS
P. O. BOX 182
MADISON SQUARE STATION
NEW YORK 10, N. Y.

5 - MARS
COPY

§§§§§§§§§§

PURPOSES AND SUGGESTIONS FOR AL-ANON FAMILY GROUPS

§§§§§§§§§§

This leaflet is for families and friends of alcoholics. Write the above address to contact the nearest Al-Anon Group in your area or for any further information.

Should the alcoholic in your family not belong to Alcoholics Anonymous, information about that organization can be obtained from The General Service Headquarters of Alcoholics Anonymous, P. O. Box 459, Grand Central Annex, New York 17, N. Y.

X-HV5278
.A7
#48

The WHYS and WHEREFORES of

AL-ANON FAMILY GROUP HEADQUARTERS

Its location —
125 East 23rd Street
New York, New York

Its mailing address —

P. O. BOX 182
MADISON SQUARE STATION
NEW YORK 10, N. Y.

© *Al-Anon Family Group Headquarters 1962*

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.A7
#49

****

F R E E D O M

FROM

D E S P A I R

****

5 - MAR 2 3
Copy

A Message of Hope

Adapted March, 1955
from a pamphlet by the
San Diego Family Group

****

Al-Anon Family Groups are a fellowship of non-alcoholic men and women who are husbands, wives, relatives or close friends of alcoholics. If you are seeking a solution for living with an alcoholic, we would like you to feel that we understand as perhaps few can. We, too, are familiar with promises made only to be broken, with forgotten good intentions, worry and sleepless nights. We, too, have known despair and complete helplessness; have seen our loved ones in sanitariums, hospitals, jails or sometimes committed to institutions for the "cure" that never cured.

However, we have learned that through living by the Al-Anon program we can not only assist our alcoholic partners to rehabilitate themselves and take their rightful place in society, but can find a more serene, more useful life for ourselves.

X-HV5278
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5 - MAR 2 3
BY 1982
#50

TO THE

Parents

of an

Alcoholic

X-HV5278
.A7
#51

THE STAG LINE

AL-ANON

X-HV5278
.A7

#52

5 - MAR 2

Cop

ONE WIFE'S STORY

By Lois W., wife of the co-founder of AA

Bill started drinking a short time before we were married and, being alcoholic from the very beginning, he got drunk every time he drank. I was greatly concerned by all this but felt that our life together would be so complete and rich that he would not need this artificial stimulus. But his drinking grew worse as time went on and, since we had no children, my one purpose in life was to help him get over this terrible habit. Aside from his drinking we were very happy together. We liked the same things and were most companionable. Finally, when the drinking became practically constant, he too realized he must do something about it and together we tried everything we could think of. He set up all kinds of plans for control. He read books on psychology and religion, he went to sanitariums. During two successive summers I gave up my job and we escaped for three months to the country for renewal and rebuilding. Nothing worked. I had to assume all family responsibilities and make all decisions.

By now Bill did nothing but drink. He was afraid to leave the house for fear the police would pick him up. We lived entirely to ourselves. We had dropped all our friends or been dropped by them and we saw as little of our families as possible. Our whole life had simmered down to one terrific fight against alcohol. It was tragic indeed to watch such a fine man become completely beaten and hopeless.

An old friend whom we considered a confirmed drunkard came to see Bill to tell of his "release" from alcoholism by spiritual means. Bill, encouraged by the picture of his friend's bright eyes and hopeful story, went to the hospital to clear his own thinking. Here the miracle happened and Bill became a changed man, almost over night. We were awestruck by this amazing transformation. In our happiness and gratitude neither of us doubted that his sobriety would last. (Now in 1961 as I bring this story up to date, it has lasted 27 years. His friend's sobriety, unfortunately, was of shorter duration, but he has been sober now a number of years.)

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SPEAKING AT NON-AA MEETINGS

A File of Information for Speakers Drawn from AA Experience and Compiled by the Public Information Committee at the General Service Office.

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5 - MAR 2 8
Copy

How One AA Wife Lives the 12 Steps

We have often heard it said that the Twelve Steps of AA are a way of life for anyone, if you substitute any particular problem of life for the word, alcohol. For a close relative of an alcoholic, a wife or husband, even the word alcohol does not need to be changed in the First Step.

We wives and husbands of alcoholics in our Al-Anon Family Groups try to live by the Twelve Steps of AA. The following is how one wife applies these principles to herself:

STEP 1. We admitted we were powerless over alcohol . . . that our lives had become unmanageable.

I was just as powerless over my husband's alcoholism as he was since I failed in every way I tried to control his drinking. My own life was indeed unmanageable as I was forced into doing and being that which I did not want to do or be. I tried to manage Bill's life, although not even able to manage my own. I wanted to get inside his brain and turn the screws in what I thought was the right direction. I, too, was powerless over alcohol. It took me a long time to see that.

STEP 2. Came to believe that a Power greater than ourselves could restore us to sanity.

Because my thinking was distorted and my nerves over-wrought, I held fears and attitudes that certainly were not sane. Finally I realized

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Reprint from Coronet, July 1949

New Help for ALCOHOLICS

MAR 23
Copy
#155

by DOROTHY HUNTER

Relatives of habitual drinkers have found a novel way of dealing with their problem

I AM NOT AN ALCOHOLIC. I don't even like to drink. Yet I, and thousands of others in my position, have an alcoholic problem as overwhelming as that of any man or woman who imbibes to excess.

I am the wife of an alcoholic, a member of that vast, unheralded company of persons whose destinies are linked inextricably with those of the intemperate.

A great deal has been written recently about alcoholism. Much of it suggests that the problem is one only for the alcoholic himself. Actually, his problem often is overshadowed by the supplementary problems it breeds among mothers and fathers, wives and children, who find themselves constantly confronted by situations demanding miracles of tact.

Guidance and help have been available increasingly of late to the alcoholic. Doctors have grown more and more concerned with his case; clinics have been established for his care; and, for companionship in trouble and possible cure, he can turn to that wonderfully understanding organization, Alcoholics Anonymous.

But where could those who suffered indirectly from his complaint go with their troubles? Until recently, they could depend only on the uncertain, frequently dangerous advice of friends. Adrift on an uncharted sea, the relatives of alcoholics would find themselves blown one way by passion and despair and the next minute blown just as erratically the other way by hope.

Now, some of them have found a new course to follow. In a number of communities they have begun to form informal organizations of their own, appropriately called Non-Alcoholics Anonymous. At meetings, the members' problems are discussed and solutions suggested. In our town, such a group is now functioning, and is gradually proving its worth to many people who had almost given up in despair.

For the help and solace it may offer to others whose cases are similar to ours, I am giving a condensation of the thoughts and experiences of members of our particular group. Since our meetings are largely discussions of anonymously written questions handed to the chairman, I am making my report in question-and-answer form, covering some of the situations which seem to be common to all of us.

Question: Can a wife or husband

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H56

REPRINTED WITH PERMISSION
FROM THE AA GRAPEVINE

It's a Teen-Aged Affair

PERHAPS AT LAST NIGHT'S MEETING you heard an AA speaker remark, "I started to drink at the age of thirteen and believe I was an alcoholic from the start. I wish that I had known of AA and this disease then. Maybe I could have saved myself a lot of miserable living."

Most of us have heard statements similar to this many times in AA but we may be hearing it less in the future. In fact newcomers may even become hard to find at all if the teen-age movement started in California continues its rapid snowball progress.

Named Alateen by its youthful members, its beginning is almost as inspiring as AA's. Its rise is almost as phenomenal and its motives and success just as vital to useful, happy living. Like AA it was the inspiration of one person, a young high school boy whose father had been a drunk. The father, through the teachings of Alcoholics Anony-

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.A7
5 - MAR 2
#57

ALCOHOLISM

. . . the problem brought up to date

One of the most difficult problems that any family may be called upon to face is alcoholism. The nature of this illness is such that the alcoholic is unable to overcome his problem alone, yet he often finds it difficult to accept the help he needs from his physician, or Alcoholics Anonymous, or other private or community facilities.

That his family, too, may be slow to seek the necessary outside help is not particularly surprising. Only in recent decades has alcoholism come to be recognized as an illness instead of a moral problem, and it still has not fully ceased being either a source of ridicule or socially unmentionable. Moreover, the members of an alcoholic's family are very likely to be fighting pangs of guilt, either conscious or unconscious, arising from a nagging worry over, "What did I do to drive him to drink?"

Today it seems plain that an alcoholic is a sick person whose illness has its basis in psychological or emotional factors, the precise nature of which are as yet undefined. The alcoholic turns to alcohol to ease psychic pain or distress. We also know that present methods of treatment for alcoholism do not "cure" the condition, in the sense that the alcoholic can continue "controlled" drinking. The patient must shut off the use of alcohol completely and permanently. All the evidence points to that course of action as the only basis on which the disease can be arrested and the alcoholic returned to a constructive, useful life.

Where to draw the line?

An estimated 75,000,000 persons in the United States consume alcoholic beverages in one form or another. Over 5,000,000 of them can be designated as "problem drinkers"—that is, as alcoholics.

Even defining the clinical features of alcoholism as a disease is not simple. The physical signs of alcoholism, such as cirrhosis of the liver, occur only very late in the disease—after years or decades of uncontrolled drinking. Before this stage is reached, there may be few or no signs of physical deterioration. The World Health Organization in attempting a description simply says that alcoholics are "those excessive drinkers whose dependence upon alcohol has attained such a degree that it shows a notable mental disturbance or an interference with their bodily and mental health, their interpersonal relations and their smooth social and economic functioning; or show the prodromal [premonitory] signs of such development." While attempts have been made to arrive at a more exact, measurable definition, this seems to describe the condition adequately.

Medical authorities are well aware of what an alcoholic *does*, even if they don't know the fundamental cause of his disease. His conduct and actions are almost predictable. The individual whose life is becoming unmanageable because of alcohol will need a morning drink, or drinks, to get going; he may

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TO WIVES

AND THE FAMILY AFTERWARD

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PUBLIC INFORMATION POLICY

of the General Service Board's

Public Information Committee

The emergence of public information committees within A.A. at local, area and state-wide levels is a comparatively recent development. It has been accompanied by a substantial expansion of public information work at the General Service Office. Some of our good members have been asking whether these activities do not represent a threat to A.A.'s traditional public relations policy based on attraction rather than promotion. Some are asking why we need such committees.

There is precedent for the concept of public information committees within A.A. All A.A. life is based on sharing. The press, broadcasters and other groups which influence public opinion are showing ever-increasing interest in the Fellowship. It seems better to have committees sharing the responsibility for providing accurate information about A.A. to these friends than to have that task performed by a self-appointed or even a delegated individual member. It was to fill a need, expressed by Bill, for a broader sharing of responsibility in sustaining A.A.'s sound movement-wide public relations that the Public Information Committee of the General Service Board was created in January, 1956. Prior to that time, these relations had been handled by Bill, personally.

The transition of A.A.'s public information policy from one that was almost purely passive to our present more dynamic policy has occurred over a period of years by a series of steps, each of which was taken only after the most considered deliberation and within the self-imposed limitations of <u>all</u> the Traditions. It has been a middle-of-the-road journey with frequent pauses, when prudence so dictated, but with no retreats from our ultimate goal - to carry the message of our recovery to other alcoholics. Our present public information policy is a reflection of A.A.'s maturity and a recognition of our responsibilities, not only to the alcoholic, but to society as a whole, especially those segments of society which share our concern for the alcoholic and his plight.

As far as the General Service Board's Public Information Committee is concerned, in all our activities, we are bound to adhere to the Eleventh Tradition, which, however, should be read in its entirety as follows:

> "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films."

As Bill has frequently pointed out there has been considerable misunderstanding of this Tradition because of a tendency to read the first part our of context with the second. The point on which the "Twelve Steps and Twelve Traditions" book lays special stress is that there shall be no promotion of personalities, of individual A.A. members. But in the same chapter, you will find such statements as:

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A.A.'S RELATIONS WITH OUTSIDE AGENCIES

SOME QUESTIONS AND ANSWERS BASED ON A.A. TRADITIONS AND ON THE COLLECTIVE EXPERIENCES OF MEMBERS, GROUPS AND CENTRAL COMMITTEES.

Compiled and approved by

The Study Committee

On A.A.'s Relations with Outside

Agencies, 1960 & 1961

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#61

A.A. PUBLIC MEETINGS

Public meetings, normally held to coincide with a group's anniversary can be a valuable public information event for a group or area. It can help strengthen local A.A. relationships with existing nonalcoholic friends and help to make new friends.

A "public" meeting differs from a typical "open" meeting in that its emphasis is on acquainting key people in a community with the local availability of A.A.

To a public meeting are invited all in the community who may have a "professional" concern with alcoholism. These people will include clergymen, doctors, educators, welfare workers, law enforcement officials, municipal officials, employers and newsmen. All are requested to observe the anonymity of A.A. members.

SUGGESTED FORMAT FOR A PUBLIC MEETING

A public meeting offers an opportunity to arrange to have a non-A.A. speaker - a man or woman who has an understanding of A.A. and its purpose. An example, it could be a doctor, clergyman, judge or industrialist - someone who has worked with alcoholics and A.A. It is well to explain to the speaker the purpose of the meeting and to give him or her an A.A. pamphlet which presents general information and a description of A.A.

The meeting might be set up as follows:

a. Short introduction by Chairman, keynoting the purpose of A.A. and A.A.'s willingness to cooperate with those who are also helping alcoholics. Anonymity should be explained and a request made to all present to respect the anonymity of the members. Press people should be publicly asked to refrain from printing the names of any A.A. members in their reports of the meeting. (see sample anonymity announcement, P.3)

b. An A.A. speaker tells his or her personal story. The speakers when invited should be informed that nonalcoholic friends and members of the press are to be asked to the meeting. Some A.A.'s who speak at open and closed A.A. meetings have personal reasons for not wanting to speak at a public meeting.

c. The second speaker is the non-A.A. who talks about A.A. from his viewpoint.

d. The third speaker might be an A.A. member who talks on Unity and Service.

e. Concluding remarks are made by the Chairman and perhaps a priest, minister or rabbi is invited to lead the recitation of the Lord's Prayer.

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A.A. GENERAL SERVICE OFFICE

GENERAL SERVICE BOARD OF ALCOHOLICS ANONYMOUS, INC.

305 East 45th Street New York 17, N. Y. MU 6-1100

For Release: Tuesday, September 5th.

Contact:

Secretary Public Information
P. O. Box 459
Grand Central Station
New York 17, N. Y.

A.A. REPORTS WORLD WIDE GAIN

The number of local groups of Alcoholics Anonymous rose from 8,211 in 1960 to 8,615 as of March 31, 1961, according to the Society's first annual report to the public. This is a world-wide net increase of 404 groups. It represents a gain of 5 per cent for the fellowship of recovered alcoholics.

The report was released to the public by the General Service Board of Alcoholics Anonymous. A majority of these fifteen trustees, including the Board's Chairman, are non-alcoholics.

Total reported membership of A.A. was up 7 per cent, according to the report. This reflects the larger membership of already established groups of those who "share their experience, strength and hope with each other that they may solve their common problem and help others

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Background Radio-TV Material

on

ALCOHOLICS ANONYMOUS

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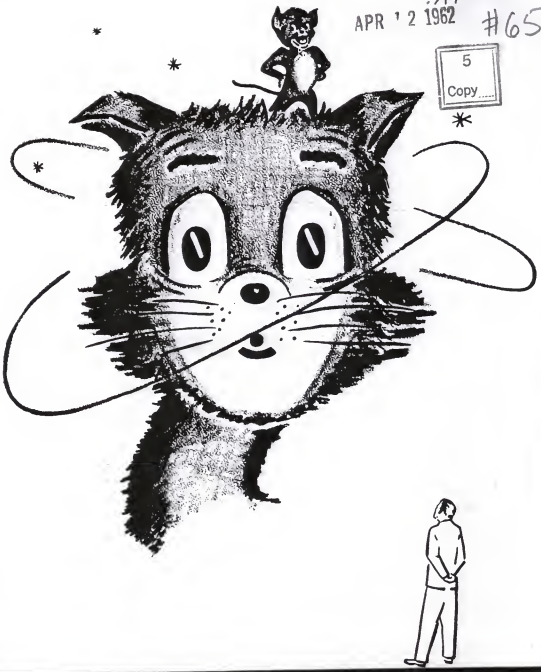

OF CATS AND PEOPLE

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Alcohol and Health

Alcoholism—the Nation's Number 3 Health Problem!

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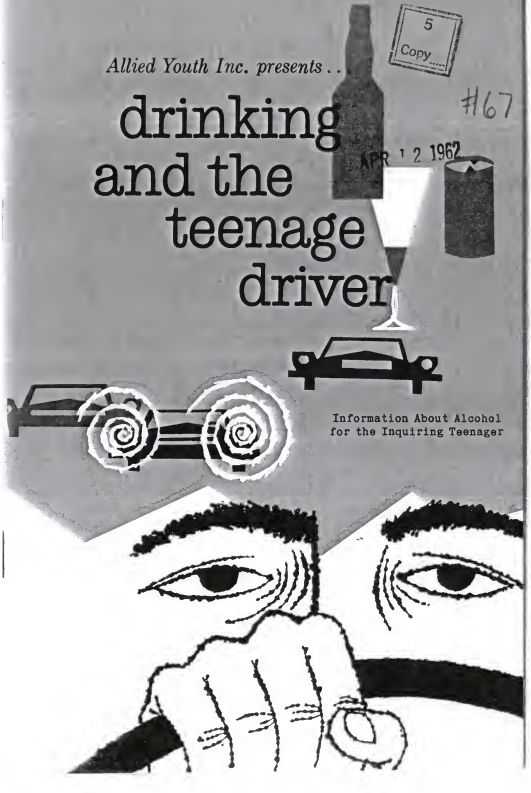
Allied Youth Inc. presents . .

drinking and the teenage driver



Information About Alcohol
for the Inquiring Teenager

ALLIED YOUTH INC. PRESENTS...

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TV RADIO AND ALCOHOL

Information About Alcohol for the Inquiring Teenager

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#69

THE

CONSTITUTION AND ADDRESS

OF THE

BALTIMORE

TEMPERANCE SOCIETY;

TO WHICH IS ADDED

AN ADDRESS,

DELIVERED BEFORE THE SOCIETY,

BY N. R. SMITH, M. D.
Professor of Surgery in the University of Maryland.

BALTIMORE:
PRINTED BY J. D. TOY,
Corner of St. Paul and Market streets.

1830.

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THE

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OF THE

BALTIMORE

TEMPERANCE SOCIETY;

TO WHICH IS ADDED

AN ADDRESS,

DELIVERED BEFORE THE SOCIETY

BY N. R. SMITH, M. D.
Professor of Surgery in the University of Maryland.

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John Learned to Smoke Behind the Barn

John's first big mistake

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THE SHAME OF PENNSYLVANIA

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CALL OUT THE MILITIA!

A Survey of the Use Of Troops in Strikes

By
WALTER WILSON and ALBERT DEUTSCH

✧

✧

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